

Amendments to the Claims

Claims 1-13. (Cancelled)

Claim 14. (Currently Amended) A food for improving cognitive functional capacity of a consumer of the food comprising a minimum of 100mg to about 200mg of phosphatidyl serine and a minimum of [[15g]] 10g to about 20g of carbohydrates.

Claim 15. (Previously Presented) The food of claim 14, wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food.

Claim 16. (Cancelled)

Claim 17. (Previously Presented) The food of claim 15, wherein the carbohydrates are simple carbohydrates selected from the group consisting of glucose, fructose, sucrose, and combinations thereof.

Claim 18. (Previously Presented) The food of claim 15, further comprising a minimum of 10 wt% of protein.

Claim 19. (Previously Presented) The food of claim 15, wherein the food is a functional food selected from the group consisting of beverages, bread spreads, chocolate products, candy products, milk, dairy products, diet foods, and cereals.

Claims 20-22. (Cancelled)

Claim 23. (Currently Amended) A food bar for improving cognitive functional capacity of a consumer of the food bar comprising a combination of phosphatidyl serine and carbohydrates, said combination including a minimum of 100mg to about 300mg 200mg of phosphatidyl serine and a minimum of [[15g]] 10g to about 20g of carbohydrates, wherein glucose intake into brain cells of the consumer is improved by consumption of said food bar.

Claim 24. (Previously Presented) The food bar of claim 23, wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food bar.

Claim 25. (Previously Presented) The food bar of claim 24, wherein said food bar has a weight of at least 20g to about 35g.

Claim 26. (Previously Presented) The food bar of claim 24, wherein the carbohydrates are simple carbohydrates selected from the group consisting of glucose, fructose, sucrose, and combinations thereof.

Claim 27. (Previously Presented) The food bar of claim 24, further comprising a minimum of 10 wt% to about 16 wt% of protein.

Claim 28. (Previously Presented) The food bar of claim 24, further comprising a minimum of 15 wt% to about 27 wt% of fat.

Claim 29. (Previously Presented) The food bar of claim 24, wherein said food bar has a water content of less than 3%.

Claim 30. (Previously Presented) The food bar of claim 24, wherein said food bar has a chocolate coating and is enriched with vitamins.

Claim 31. (Previously Presented) The food bar of claim 24, wherein said food bar is a functional food product.

Claim 32. (Previously Presented) A food bar for improving cognitive functional capacity of a consumer of the food bar comprising a minimum of 40 wt% to about 57 wt% carbohydrates and a minimum of 1 wt% to about 1.4 wt% lecithin extract containing phosphatidyl serine.

Claim 33. (Previously Presented) The food bar of claim 32, wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food bar.

Claim 34. (Previously Presented) The food bar of claim 33, wherein the carbohydrates are simple carbohydrates selected from the group consisting of glucose, fructose, sucrose, and combinations thereof.

Claim 35. (Previously Presented) The food bar of claim 33, further comprising a minimum of 10 wt% of protein.

Claim 36. (Previously Presented) The food bar of claim 23, wherein said food bar includes 200mg of phosphatidyl serine and 18g of carbohydrates and wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food bar.

Claim 37. (New) The food of claim 14, wherein said carbohydrates have a high glycemic index (GI).

Claim 38. (New) The food bar of claim 23, wherein said carbohydrates have a high glycemic index (GI).

Claim 39. (New) The food bar of claim 32, wherein said carbohydrates have a high glycemic index (GI).

Claim 40. (New) The food of claim 14, wherein the phosphatidyl serine and the carbohydrates upon consumption by the consumer have a greater effect on cognitive functional capacity when consumed together in the food than each has when consumed separately.

Claim 41. (New) The food bar of claim 23, wherein the phosphatidyl serine and the carbohydrates upon consumption by the consumer have a greater effect on cognitive functional capacity when consumed together in the food bar than each has when consumed separately.

Claim 42. (New) The food bar of claim 32, wherein the phosphatidyl serine and the carbohydrates upon consumption by the consumer have a greater effect on cognitive functional capacity when consumed together in the food bar than each has when consumed separately.

Claim 43. (New) A method for improving cognitive functional capacity of a consumer comprising consuming a food including a minimum of 100mg to about 200mg of phosphatidyl serine and a minimum of 10g to about 20g of carbohydrates, increasing memory, concentration, and attentiveness in a consumer of the food, and improving the cognitive functional capacity of the consumer of the food.

Claim 44. (New) The method of claim 43, wherein increasing memory, concentration, and attentiveness in the consumer of the food is short-term.

Claim 45. (New) The method of claim 43, wherein increasing memory, concentration, and attentiveness in the consumer of the food is long-term.

Claim 46. (New) The method of claim 43, wherein the phosphatidyl serine and the carbohydrates upon consumption by the consumer have a greater effect on cognitive functional capacity when consumed together in the food than each has when consumed separately.